



DR. INES O'DONOVAN, PHD & MBA

The Leadership & Longevity Futurist • Keynote Speaker • Creator of Bio-Optimized Leadership™

Helping senior leaders think sharper, stay resilient, and perform longer — with biology as their competitive advantage

PhD Management Learning & Leadership

MBA Innovation & Technology

Stanford AI Longevity Futurist

~30 years on public stages

~15 years in longevity

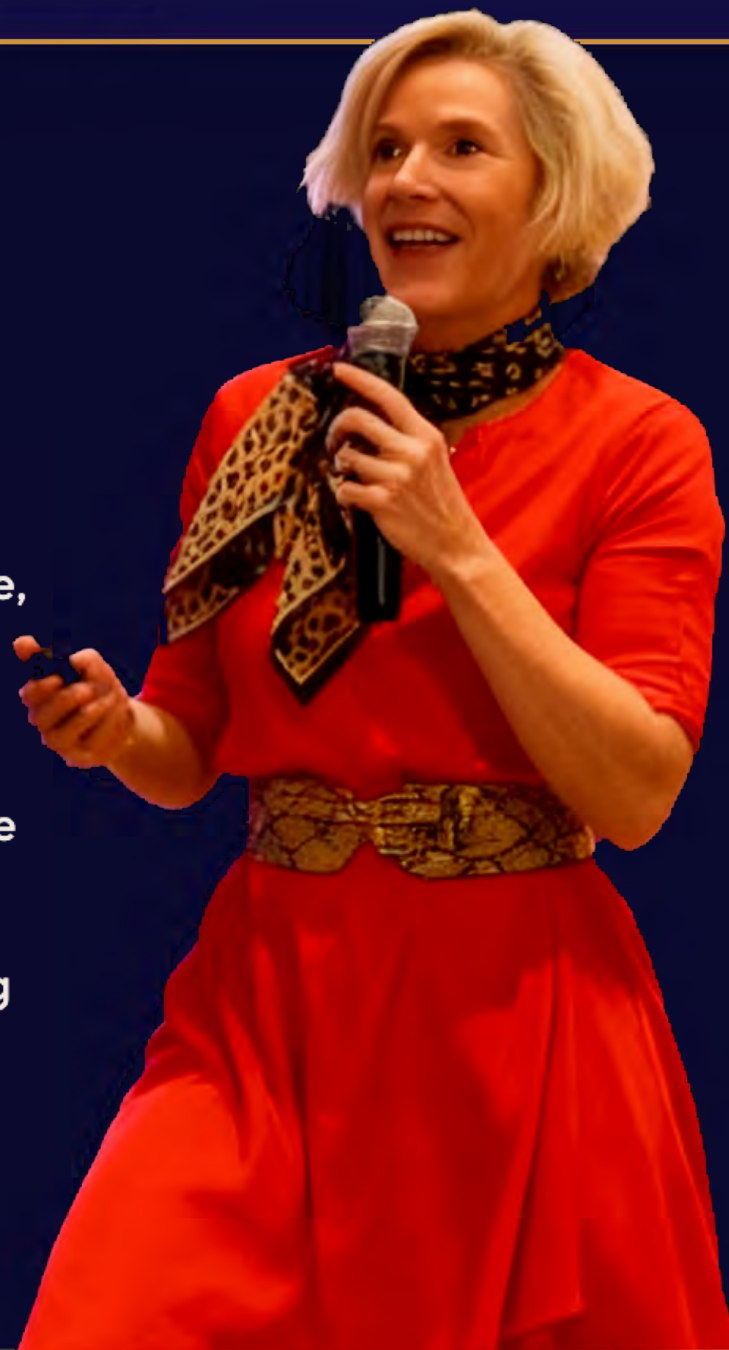
16–31 years biologically younger

BIO-OPTIMIZED LEADERSHIP™

TURNING LONGEVITY INTO PERFORMANCE & PROFIT

Dr. Ines O'Donovan, PhD, is the creator of Bio-Optimized Leadership™ — the only model connecting executive lifestyle, biological aging, and key business outcomes.

She helps organizations turn human biology into measurable competitive advantage through speaking, workshops, and consulting. With nearly 15 years in longevity, she is also living proof of her work, having tested up to 31 years younger biologically than her chronological age.



TYPICAL TOPICS COVERED

Bio-Optimized Leadership™

Biological Age & Longevity

Leadership Performance

Team & Org. Performance

Employee Engagement

Impact of AI & Emerging Tech

Future of Work

Foresight

Women's Health



FOR SPEAKING INQUIRIES

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FOR MEDIA ASSETS

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SIGNATURE KEYNOTES

3 KEYNOTES. CONVERSATIONS YOUR AUDIENCE HASN'T HAD YET

01 **The (Un)fair Competitive Advantage That Will Define the Next Decade**

The performance metric your competitors have not measured yet.

- Participants understand why equally skilled leaders produce radically different results — and what biological age has to do with it
- Participants leave with the business case: 325% vs 105% S&P 500 outperformance over 14 years — and the language to bring it to the board

Ideal for: CHRO Summits · CEO Forums · Leadership Conferences · Future of Work Events

02 **The AI-Ready Leader: The Biological Foundation Nobody Is Building**

AI demands more cognitive capacity. Are your leaders' brains prepared?

- Participants understand why AI raises — not reduces — the need for biological performance in their leadership teams
- Participants identify the cognitive capacities most at risk and leave with practical first steps to measure, improve, and report

Ideal for: Future of Work Summits · Technology Leadership · L&D Summits · Digital Transformation

03 **The Longevity Dividend: Compounding Biological Advantage at Scale**

What happens when experience compounds instead of erodes?

- Participants see longevity science translated into boardroom workforce strategy with a 13:1 ROI they can present to the CFO
- Participants learn how to extend the peak performance window of experienced leaders and protect it as a strategic asset

Ideal for: CHRO Summits · Board Strategy Sessions · Workforce Transformation · Investor Forums

FORMATS

Keynote Executive Briefing

Foresight Workshop

Board Roundtable

Virtual / Hybrid

DURATION

30–60 min keynote + Q&A

90 min mini-workshop

½ day to 2-day intensive

EVERY ENGAGEMENT INCLUDES

Pre-event briefing call

Fully customised content

24-hour personal response

WHAT ORGANISERS & AUDIENCES SAY

"Ines' keynote on 'Futureproof Your Life' was a transformative experience for our attendees, delivering a profound vision paired with actionable strategies. Her passion and practical advice ignited our audience's commitment to a healthier, high-performing future."

- Dr. Tina Prodnik, Co-Founder & CEO, Vibrant Longevity · Slovenia 2023

"Ines is a most passionate and compelling speaker, very goal-oriented, and a true expert on leadership"

- Donatella Gortanutti, HR Professional / Event Manager · LinkedIn 2010

"Among the most memorable speakers for me was Ines O'Donovan"

- Ieva Anskaitiene, Sleep Coach · Sleep Fest Vilnius 2024

YOU'RE A GREAT FIT IF...

- ✓ Your audience includes C-suite executives, CHROs, or senior leadership teams
- ✓ You want a keynote that opens a new strategic conversation — not a wellness session
- ✓ Your event touches Future of Work, AI transformation, leadership performance, or longevity
- ✓ You want science-backed content that holds up in a boardroom, not a retreat
- ✓ You need a speaker who delivers fresh thinking backed by a PhD, MBA, and living proof
- ✓ You want content your audience will still be discussing months later

TYPICAL OUTCOMES AFTER AN ENGAGEMENT

- Audiences leave with a new vocabulary for biological performance — ready for board conversations
- Leadership teams understand biological age as a measurable, improvable KPI
- CHROs receive a concrete framework for translating longevity science into strategy
- Organizations gain the business case for treating leadership biology as a strategic asset
- Event teams receive glowing feedback and audiences who ask: "When is she back?"

KEY LOGISTICS

BASE **Nice, France**

TRAVEL **Globally**

RESPONSE **Personal reply within 24 hours**

LANGUAGES **English** — Bilingual proficiency
German — Native
French — Conversational

FEES **€15,000 - €30,000** (keynotes)
Workshop fees on request · EUR, GBP & USD

VIRTUAL **Available for all formats**

BOOKING **inesodonovan.com/book-ines**

PROVIDED TO EVERY ORGANIZER

- ★ Customized talks for your audience
- ★ High-resolution photos — stage & headshot
- ★ Short & long bios
- ★ Speaker introduction scripts
- ★ Slide deck + tech-check availability
- ★ Bespoke post-keynote resources for attendees (on request)
- ★ Post-event debrief call


Assets: inesodonovan.com/media


↓ DOWNLOADABLE ASSETS

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 Speaker Kit

 Bios

 Headshots & Stage Photos

 Logos

 Intros

 Media Angles / Interview Topics

PROFESSIONAL ENDORSEMENTS

"Ines is a very professional and inspiring leader and speaker"

- Dr. Karine Mangion-Thornley, Leadership Development Expert · LinkedIn 2011

"This workshop was a real wake-up call for me. It transformed longevity from an abstract concept into a deeply relevant theme for how we live, work, and lead."

- Ana Barros, Co-Founder, Impact Hub Porto · Portugal 2025

BEYOND THE KEYNOTE

DEEPER ENGAGEMENT OPTIONS

For organizations ready to go beyond the stage and embed biological performance intelligence into leadership strategy. Each engagement is fully bespoke — scope, format, and duration tailored to your context.

01 · EXECUTIVE BRIEFINGS

Executive Briefings for Senior Teams

Focused, time-efficient intelligence for C-suite and senior executive audiences. Bespoke briefings tailored to your leadership team's specific context, drawing on nearly 15 years at the intersection of foresight, longevity, AI, and leadership performance.

Typically 60–90 min. In-person or virtual. Fully customized to your executive team's agenda and strategic priorities.

CHROS

CHIEF MEDICAL OFFICERS

INNOVATION EXECUTIVES

BOARD SESSIONS

02 · RESEARCH PILOTS

Research Pilot with Your Organisation

Co-designed research partnerships that bring the Bio-Optimized Leadership™ framework into your organisation as a structured pilot. Generates proprietary data on your leadership team's biological performance baseline — and a roadmap for what to do with it.

Designed for forward-thinking CHROs who want to be first movers in biological performance intelligence.

PROPRIETARY DATA

FIRST-MOVER

CUSTOM DESIGN

03 · EXECUTIVE AUDIT

Executive Bio-Age Audit & Coaching

A structured, evidence-based assessment of a senior executive's biological age, performance baseline, and the interventions most likely to move the needle — fast.

The closed-loop model: **Measure → Translate → Intervene → Measure**. Results translated directly into leadership performance language, not wellness recommendations.

SENIOR EXECUTIVES

MEASURE → INTERVENE

QUANTIFIED RESULTS

04 · ADVISORY

Advisor & Consulting Partnership

Strategic advisory relationships for organisations building longevity, biological performance, or future-of-work initiatives. Ines brings her position at the intersection of longevity science, AI, foresight, and leadership performance — and the credibility of living proof.

Retainer-based. Scope defined by your strategic priorities.

RETAINER

LONGEVITY STRATEGY

FUTURE OF WORK

AI & FORESIGHT

CONTACT INES

Every engagement starts with a conversation.
You receive a personal response within 24–48 hours.

CHECK AVAILABILITY

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